
LOVELY HOT PUDDINGS

**about LOVELY HOT PUDDINGS . . .**

There are hot and hearty desserts; light, modern desserts; old-fashioned favorites that appeal to men. You'll keep your family happy and well-fed with the delicious variety of recipes in this set.

Ellen Sinclair

Ellen Sinclair, Food Editor
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It's good to hurry home to a lovely hot pudding for dessert. Some of the recipes in this set are hearty, ideal for cold, winter weather. But most are suitable for serving any time in the year; and they're delicious every time!



- G 1** Apple Meringues
- G 2** Chocolate Soufflé
- G 3** Rhubarb Slice
- G 4** Rum Babas
- G 5** Steamed Date Pudding
Overnight Fruit Pudding
- G 6** Pineapple Apricot Pudding
- G 7** Apple Gingerbread
- G 8** Chocolate Self-saucing Pudding
- G 9** Apple Dumplings
- G10** Lemon Delicious Pudding
Passionfruit Delicious
- G11** Apple Strudel
- G12** Waffles
Caramel Sauce
- G13** Apple Crumble
Cornflake Crumble
- G14** Strawberry Liqueur Pancakes
- G15** Apple Bread and Butter Pudding
- G16** Baked Rice Custard
Baked Rice Pudding
- G17** Apple Caramel Roll
- G18** Blackberry Swirls
- G19** Apple Fritters
Apple Sponge Dessert
- G20** Caramel Bread and Butter Custard
Butterscotch Tapioca
- G21** Cherry Clafoutis
Apple Clafoutis
- G22** Caramel Dumplings
- G23** Cottage Pudding
- G24** Brandied Caramel Apples
Brandied Caramel Bananas

OVEN TEMPERATURES

Electric Temperatures

	<i>Fahrenheit</i>	<i>Celsius</i>
Very slow	250	120
Slow	300	150
Moderately slow	325-350	160-180
Moderate	375-400	190-200
Moderately hot	425-450	220-230
Hot	475-500	250-260
Very hot	525-550	270-290

Gas Temperatures

	<i>Fahrenheit</i>	<i>Celsius</i>
Very slow	250	120
Slow	275-300	140-150
Moderately slow	325	160
Moderate	350	180
Moderately hot	375	190
Hot	400-450	200-230
Very hot	475-500	250-260

Photography by Garry Isaacs

APPLE MERINGUES

APPLE MERINGUES



4 red apples
 2 tablespoons brown sugar
 4 whole cloves
 1 banana
 1 teaspoon lemon juice

2 egg-whites
 4 tablespoons castor sugar
 1 cup shredded coconut
 30 g (1 oz.) flaked almonds

Peel and core apples. Place 2 teaspoons brown sugar and 1 clove in each core cavity. Stand apples in large saucepan with water 1 cm (½ in.) deep in base, cover tightly, cook gently 10 to 12 minutes or until soft.

Remove apples from saucepan, allow to cool. Fill apples with mashed banana mixed with lemon juice.

Beat egg-whites until soft peaks form, add sugar gradually, beat to stiff meringue consistency. Cover apples with meringue. Chop coconut roughly, sprinkle over apples, top with almonds. Place on oven slide, bake in moderate oven 5 minutes or until meringue is lightly brown.

Serves 4.

CHOCOLATE SOUFFLE



CHOCOLATE SOUFFLE

4 eggs, separated

¼ cup sugar

125 g (4 oz.) dark chocolate

2 tablespoons milk

Grease 18 cm (7 in.) soufflé dish or 4 small individual soufflé dishes; tie a collar of greased greaseproof paper or aluminium foil round top of large dish.

Combine chocolate and milk in top of double saucepan, stir over hot water until chocolate is melted, remove from heat. Beat egg-yolks, add sugar gradually, beat until thick.

Fold in chocolate mixture and half the softly-beaten egg-whites, then fold in remaining egg-whites. Pour mixture gently into prepared dish or dishes, bake in moderate oven 30 to 40 minutes for large soufflé or 15 to 20 minutes for small soufflés. Serve at once.

Serves 4.

RHUBARB SLICE



RHUBARB SLICE

500 g (1 lb.) rhubarb (approx.
12 sticks)
1 cup sugar
2 teaspoons finely-chopped
preserved ginger
2 lemon slices
½ cup water
125 g (4 oz.) butter

½ cup sugar, extra
½ teaspoon vanilla
2 eggs
2 cups self-raising flour
pinch salt
¼ teaspoon ground ginger
½ cup milk

Wash and trim rhubarb, cut into 2.5 cm (1 in.) pieces. Place in saucepan with sugar, ginger, lemon slices and water. Simmer until reduced to pulp, remove lemon slices, cool.

Cream butter with extra sugar and vanilla until light and fluffy. Add eggs one at a time, beat well after each addition. Fold in combined sifted flour, salt and ground ginger alternately with milk.

Spread half mixture into greased and greased paper-lined 28 cm x 18 cm (11 in. x 7 in.) lamington tin, top with cooled rhubarb mixture, then spread remaining batter over evenly. Bake in moderate oven 35 to 45 minutes or until cake is cooked and top is golden brown. Serve warm, cut into squares, with cream or custard.

Serves 6 to 8.

RUM BABAS



RUM BABAS

15 g (½ oz.) compressed yeast
(or 1 teaspoon dry active
yeast)

2 teaspoons sugar

¼ cup milk

2 cups plain flour

pinch salt

3 eggs

30 g (1 oz.) butter

125 g (4 oz.) butter, extra

1 tablespoon currants

2 tablespoons sultanas

Combine yeast, sugar and lukewarm milk; mix well. Sift flour with salt, make well in centre, add yeast mixture and well-beaten eggs, mix well. Dot surface with 30 g (1 oz.) softened butter, cover, put aside in warm place until doubled in bulk (approximately 40 minutes). Mix in fruits and extra softened butter, knead well.

Divide mixture evenly into 8 individual greased ovenproof cups, filling them about three-quarters full. Let rise again 10 minutes. Bake in hot oven 15 minutes until well risen and golden.

Drop babas into hot sauce. Serve with cream.

(Babas can be prepared in advance and reheated in the hot sauce.)

Serves 4.

APRICOT RUM SAUCE

2 500 g (16 oz.) cans apricot
nectar

2 cups sugar

1½ tablespoons lemon
juice

¼ cup rum

Combine in saucepan the apricot nectar and sugar; stir over low heat until sugar dissolves. Bring to boil, boil rapidly 5 minutes. Remove from heat, stir in lemon juice and rum.

STEAMED DATE PUDDING



STEAMED DATE PUDDING

2 cups plain flour
pinch salt
30 g (1 oz.) butter
500 g (1 lb.) dates
 $\frac{1}{3}$ cup sugar

2 teaspoons cinnamon
1 teaspoon mixed spice
2 cups milk
2 teaspoons bicarbonate of soda
2 tablespoons vinegar

Sift flour and salt, rub in butter until mixture resembles fine bread-crumbs. Add chopped dates, sugar and spices.

Bring milk to the boil; as it rises, quickly add bicarbonate of soda and vinegar. While still frothing, stir quickly into dry ingredients.

Spoon into greased 2 litre (approx. 4 pint) pudding basin, cover, steam 2 to 2½ hours. Serve with cream or custard.

Serves 6.

OVERNIGHT FRUIT PUDDING

2 teaspoons bicarbonate of
soda
2 tablespoons butter
1½ cups boiling water
125 g (4 oz.) mixed fruit
1 tablespoon chopped candied

peel
2 cups plain flour
½ teaspoon cinnamon
¼ teaspoon nutmeg
¼ teaspoon mixed spice
 $\frac{3}{4}$ cup sugar

Place bicarbonate of soda and butter in a basin. Pour boiling water over, stir until butter melts. Set aside for 20 minutes. Add mixed fruit, candied peel, and sugar. Sift together flour and spices. Add to mixture in basin, mixing well. Cover basin, stand overnight. Next day place in greased 2 litre (approx. 4 pint) pudding basin, cover, steam 3 hours.

Serves 6.

PINEAPPLE APRICOT PUDDING



PINEAPPLE APRICOT PUDDING

1 cup water
60 g (2 oz.) dried apricots
470 g (15 oz.) can crushed
pineapple
¼ cup brown sugar
125 g (4 oz.) butter

½ cup castor sugar
2 eggs
2 tablespoons marmalade
2 cups self-raising flour
¼ cup milk

Put water and apricots into small saucepan, cover, bring to the boil, reduce heat and simmer 15 minutes or until apricots are tender, drain. Put apricots in base of greased 2.5 litre (approx. 4 pint) pudding basin. Cover with drained pineapple (reserve ¼ cup of the syrup), sprinkle with brown sugar.

Cream butter and castor sugar until light and fluffy, add eggs one at a time, beating well after each addition. Beat in marmalade. Fold in sifted flour alternately with milk and reserved pineapple syrup.

Spoon into greased pudding basin. Cover, steam 1½ hours. Serve with custard or cream.

Serves 4 to 6.

APPLE GINGERBREAD



APPLE GINGERBREAD

60 g (2 oz.) butter

 $\frac{1}{2}$ cup brown sugar

2 tablespoons golden syrup

1 egg

 $\frac{1}{2}$ cup milk

1 cup plain flour

 $\frac{1}{2}$ teaspoon bicarbonate of soda

2 teaspoons ground ginger

6 apples

 $\frac{1}{4}$ cup water

4 tablespoons sugar

Peel apples, cut into quarters, remove cores; cut each quarter into slices. Put apples, sugar and water in saucepan, cover, bring to the boil, boil 5 minutes until apple has broken down to a pulp, cool.

Sift flour, ginger and soda, rub in butter until mixture resembles fine breadcrumbs, stir in brown sugar. Beat egg, golden syrup and milk together, add to flour mixture and beat until smooth.

Place apple pulp in base of greased 20 cm (8 in.) pie plate, pour ginger mixture evenly over the top. Bake in moderate oven 30 to 35 minutes. Cut into slices and serve with cream or custard.

Serves 4.

CHOCOLATE SELF-SAUCING PUDDING



CHOCOLATE SELF-SAUCING PUDDING

1 cup self-raising flour
2 tablespoons cocoa
30 g (1 oz.) butter
½ teaspoon salt
½ cup milk

¾ cup sugar
1 teaspoon vanilla
¾ cup brown sugar
¼ cup cocoa
1¾ cups hot water

Sift flour, salt and cocoa. Add sugar, mix well. Stir in milk, vanilla and melted butter, mix until smooth. Spread evenly into greased ovenproof dish.

Combine brown sugar and sifted cocoa, sprinkle over top of pudding. Pour hot water carefully over the top. Bake in moderate oven 50 to 60 minutes.

Serves 4.



APPLE DUMPLINGS



APPLE DUMPLINGS

4 apples

2¼ cups self-raising flour

90 g (3 oz.) butter

2 tablespoons sugar

½ cup milk

Peel apples, cut each apple into quarters, remove cores. Sift flour into a bowl; rub in butter until mixture resembles fine breadcrumbs, mix in sugar. Add milk, mix to a soft dough.

Roll dough out on a lightly-floured board to a 30 cm square (12 in. square). Cut dough into sixteen 8 cm (3 in.) squares. Place a piece of apple on each square and wrap dough around it, securing edges well. Place dumplings side by side in casserole dish. Pour syrup over dumplings; bake, uncovered, in moderate oven 30 to 35 minutes.

Serves 6 to 8.

SYRUP

½ cup sugar

60 g (2 oz.) butter

1½ cups water

2 tablespoons lemon juice

Combine sugar, butter and water in saucepan, bring to the boil, boil 3 minutes. Remove from heat, add lemon juice.

LEMON DELICIOUS PUDDING**LEMON DELICIOUS PUDDING****3 eggs, separated****½ cup sugar****30 g (1 oz.) butter****1 cup milk****¼ cup self-raising flour****⅓ cup lemon juice****pinch salt****½ cup sugar, extra**

Beat egg-yolks with ½ cup sugar until light and creamy. Beat in melted butter, milk, sifted flour, lemon juice and salt.

Beat egg-whites until soft peaks form, add extra sugar gradually, continue beating until firm peaks form. Fold into lemon mixture. Pour into greased 1.25 litre (approx. 2 pint) ovenproof dish or 4 in moderate oven 50 to 60 minutes; cooking time is the same for large or small puddings.

Serves 4.**PASSIONFRUIT DELICIOUS****½ cup castor sugar****60 g (2 oz.) butter****⅓ cup self-raising flour****2 eggs, separated****pinch salt****1 cup milk****4 to 6 passionfruit**

Cream butter and sugar, add sifted flour and salt. Mix beaten egg-yolks and passionfruit pulp together, stir into first mixture. Gradually add milk, then fold in egg-whites which have been beaten to soft peaks. Pour into greased ovenproof dish, stand in shallow pan of hot water. Bake in moderate oven 30 to 40 minutes.

Serves 4.

APPLE STRUDEL**APPLE STRUDEL**

**375 g (12 oz.) packaged puff
pastry**

**2 470 g (15 oz.) cans
sweetened pie apple
2 tablespoons sultanas**

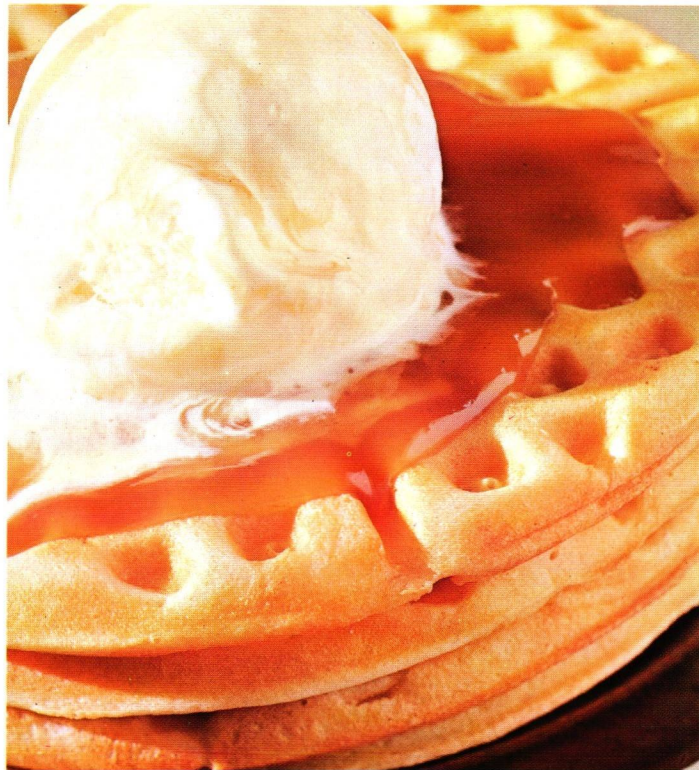
**3 tablespoons sugar
2 teaspoons grated lemon rind
1 egg
1½ tablespoons sugar, extra**

Combine pie apple, sultanas, sugar and lemon rind; do not heat. Roll puff pastry on lightly-floured surface to approximately 45 cm x 23 cm (18 in. x 9 in.). Cut pastry into two even pieces giving two 23 cm (9 in.) pastry squares.

Place an equal amount of filling over one half of each piece of pastry to within 2.5 cm (1 in.) of edges. Glaze these edges with beaten egg, fold pastry over filling, press edges together firmly. Trim edges with a sharp knife. Glaze top of pastry with beaten egg, sprinkle with extra sugar, make several slits in top of pastry to allow steam to escape during cooking. Place on greased baking trays, bake in hot oven 20 to 25 minutes or until pastry is golden brown. Serve warm, with cream.

Serves 6.

WAFFLES



2 eggs, separated
2 teaspoons sugar
 $\frac{3}{4}$ cup milk
 $\frac{1}{2}$ cup water
1 teaspoon vanilla

WAFFLES

pinch salt
2 cups self-raising flour
2 tablespoons cornflour
125 g (4 oz.) butter

Beat egg-yolks and sugar together, add milk, water and vanilla, beat again. Add to sifted dry ingredients. Pour in melted butter, beat well.

Finally fold in stiffly beaten egg-whites. Allow batter to stand 10 minutes. Pour approximately $\frac{1}{2}$ cup into hot greased waffle iron, cook about 5 minutes or until golden brown and crisp. Repeat with remaining batter. Nice topped with ice cream and caramel sauce.

Makes about 5 waffles.

CARAMEL SAUCE

125 g (4 oz.) butter
 $\frac{3}{4}$ cup brown sugar, lightly
packed

125 g (4 oz.) packet white
marshmallows
2 tablespoons milk

Combine all ingredients in saucepan. Stir over low heat until marshmallows are dissolved, simmer 4 to 5 minutes. Serve warm or cold.

APPLE CRUMBLE**APPLE CRUMBLE**

4 green apples
3 tablespoons sugar

¼ cup water

Peel, core and slice apples, place in saucepan with sugar and water. Cover, cook over medium heat until apples are just tender. Spoon in ovenproof dish or four individual ovenproof dishes.

Sprinkle crumble over apple. Bake in moderate oven 25 to 30 minutes or until golden brown. Serve with cream or custard.

Serves 4.

CRUMBLE TOPPING

½ cup self-raising flour
½ teaspoon cinnamon
45 g (1½ oz.) butter

¼ cup brown sugar, firmly packed

Sift flour and cinnamon into bowl. Rub in butter lightly, until mixture resembles fine breadcrumbs. Add brown sugar, mix thoroughly.

CORNFLAKE CRUMBLE

This is an alternative crumble topping for the apple.

1½ cups cornflakes
½ cup coconut

½ cup brown sugar, firmly packed
½ cup condensed milk

Combine cornflakes, coconut, brown sugar and condensed milk; mix well. Spread evenly over apples. Bake in moderate oven approximately 20 minutes, until topping is firm and golden.

This topping is also delicious as a topping for stewed rhubarb, plums, etc.

STRAWBERRY LIQUEUR PANCAKES



STRAWBERRY LIQUEUR PANCAKES

1 cup plain flour
pinch salt

2 eggs
1 cup milk

Sift flour and salt into bowl, make well in centre, add eggs and a little of the milk. Mix to a smooth batter, gradually adding remaining milk. Allow batter to stand 30 minutes.

Heat pan, grease lightly. From a small jug pour 2 to 3 tablespoons batter into pan, cook slowly until set and light golden brown underneath, turn or toss, cook other side. Lift on to plate, repeat with remaining batter. This batter will make about 8 pancakes.

STRAWBERRY SAUCE

2 punnets strawberries

¼ cup brandy

1 teaspoon butter

½ cup orange juice

½ cup sugar

¼ of a lemon

2 tablespoons Grand Marnier

Wash and hull strawberries (reserve 8 for decoration), drain well. Melt butter in frying pan, add sugar. Push fork through skin side of lemon wedge. Stir sugar occasionally with lemon until sugar turns light golden. (This imparts a light lemon flavour to the caramel.) Remove from heat, add Grand Marnier, brandy and orange juice, stir well until sugar is dissolved. Return to heat, bring to boil, reduce heat and simmer until liquid is reduced by half. Remove from heat, add strawberries, stir lightly. Using slotted spoon, divide strawberries evenly between the pancakes, roll up.

Place pancakes on to serving plate, spoon over a little of the sauce, top each pancake with whipped cream. Decorate with reserved strawberries. Serve remaining sauce separately.

Serves 4.

APPLE BREAD & BUTTER PUDDING**APPLE BREAD AND BUTTER PUDDING**

5 apples

 $\frac{1}{4}$ cup sugar

2 tablespoons water

6 thin slices bread

butter

 $2\frac{1}{2}$ cups milk

3 eggs

1 tablespoon sugar, extra

1 tablespoon grated lemon rind

1 cup sultanas

Peel and core apples, cut into slices. Place apples, sugar and water into saucepan; cook, covered, 5 to 10 minutes until apple is reduced to pulp.

Butter bread lightly, remove crusts. Arrange slices in layers in greased ovenproof dish; spread each layer generously with apple pulp and sprinkle with lemon rind and sultanas.

Beat together eggs, milk and extra sugar, pour over bread. Let stand 15 minutes, then sprinkle topping over. Bake in moderately slow oven 40 minutes. Serve with cream or custard.

Serves 4 to 6.

TOPPING

30 g (1 oz.) butter

2 tablespoons coconut

3 tablespoons sugar

 $\frac{1}{2}$ cup self-raising flour

Sift flour, add coconut and sugar. Rub in butter until mixture resembles fine breadcrumbs.

BAKED RICE CUSTARD

¼ cup rice
2 cups water
pinch salt
3 eggs

⅓ cup sugar
1 teaspoon vanilla
2½ cups milk
¼ cup sultanas

Bring water and salt to the boil, gradually add rice, boil rapidly, uncovered, 10 minutes; drain well.

Beat eggs, sugar and vanilla together, add rice and sultanas, add milk gradually, stir to combine evenly.

Pour into shallow ovenproof dish. Stand dish in baking tin with enough water to come halfway up sides of dish. Bake in moderate oven 30 to 35 minutes, reduce heat to moderately slow, bake further 30 to 40 minutes or until custard is set.

After pudding has been cooking for 40 minutes, slip a long fork under the skin that has formed on top and stir gently to distribute rice evenly through the custard.

Serves 4.

BAKED RICE PUDDING

½ cup rice
¼ cup castor sugar (or
brown sugar)

¾ cups milk
1 teaspoon vanilla
30 g (1 oz.) butter

Place all ingredients, except butter, in lightly-greased ovenproof dish, stir to combine. Dot with butter. Bake in moderately slow oven 55 to 60 minutes.

Serves 4.



APPLE CARAMEL ROLL



APPLE CARAMEL ROLL

1½ cups self-raising flour
pinch salt
90 g (3 oz.) butter
½ cup water
1 teaspoon lemon juice

2 large green apples
¼ cup sugar
1 teaspoon grated lemon rind
½ teaspoon cinnamon

Sift flour and salt into bowl. Rub in butter until mixture resembles fine breadcrumbs. Add water and lemon juice, mix to a dry dough on lightly-floured board. Roll out to oblong shape 25 cm x 30 cm (10 in. x 12 in.).

Peel apples and grate over dough, sprinkle with combined sugar, lemon rind and cinnamon. Brush along edges of dough with a little cold water, roll lengthwise, and secure ends. Place in greased ovenproof dish and pour boiling caramel sauce over.

Bake in moderate oven 30 to 35 minutes. Serve hot with cream or custard.

Serves 4 to 5.

CARAMEL SAUCE

¾ cup brown sugar, firmly
packed

60 g (2 oz.) butter
1 tablespoon lemon juice

Put all ingredients into saucepan, stir over low heat until sugar dissolves, then bring to the boil. Reduce heat, simmer 2 minutes.

BLACKBERRY SWIRLS**BLACKBERRY SWIRLS**

1½ cups self-raising flour

½ cup milk

125 g (4 oz.) butter

500 g (16 oz.) can blackberries
or loganberries

Drain blackberries, reserve ½ cup of the syrup for sauce. Sift flour, rub in butter until mixture resembles fine breadcrumbs. Add milk, mix to a soft dough. Turn dough out on to lightly-floured surface, knead lightly. Roll dough out to rectangle approximately 25 cm x 35 cm (10 in. x 14 in.).

Spread drained blackberries over dough to within 2.5 cm (1 in.) of edges. Roll dough as for swiss roll, beginning at narrow end. Cut into slices approximately 2.5 cm (1 in.) wide, place slices flat in greased ovenproof dish.

Pour sauce over the top, bake in hot oven 30 to 35 minutes. Serve hot with cream or custard.

Serves 4 to 6.

SAUCE

½ cup sugar

30 g (1 oz.) butter

⅓ cup sweet white wine

Place sugar, reserved syrup, butter and wine in saucepan. Bring slowly to the boil, stirring constantly until butter melts; boil 3 minutes.

APPLE FRITTERS



3 apples
2 tablespoons flour
3 tablespoons plain flour,
extra
 $\frac{1}{3}$ cup cornflour

1 teaspoon baking powder
1 teaspoon salt
 $\frac{1}{2}$ cup milk
oil for deep frying

Peel apples, remove cores, cut into thick slices and toss in the 2 tablespoons flour.

Sift extra flour, cornflour, baking powder and salt into basin. Make well in centre, gradually stir in milk, beat until smooth. Dip apple slices in batter, deep fry in hot oil until light golden brown. Serve immediately. Any type of fruit can be substituted for the apples; pineapple or bananas are good.

Makes about 8 fritters.

APPLE SPONGE DESSERT

4 green apples
3 tablespoons sugar

$\frac{1}{4}$ cup water

Peel, core and slice apples; place in saucepan with sugar and water. Cover, cook over medium heat until apples are just tender; pour into ovenproof serving dish.

SPONGE TOPPING

60 g (2 oz.) butter
 $\frac{1}{4}$ cup castor sugar
1 egg

$\frac{1}{2}$ teaspoon vanilla
1 cup self-raising flour
 $\frac{1}{3}$ cup milk

Cream butter and sugar, add vanilla and egg; beat well. Stir in sifted flour alternately with milk.

Spoon mixture over hot stewed apple. Bake in moderate oven 25 to 30 minutes, or until golden brown. Serve with cream or custard.

Serves 4.

CARAMEL BREAD & BUTTER CUSTARD



CARAMEL BREAD AND BUTTER CUSTARD

5 slices bread
butter
½ cup brown sugar, firmly
packed
470 g (15 oz.) can evaporated
milk

1 cup water
3 eggs
¼ cup sugar
1 teaspoon vanilla
cinnamon

Trim crusts from bread, butter bread lightly. Cut bread into finger lengths. Lightly grease 1.5 litre (approx. 2½ pint) ovenproof dish. Sprinkle brown sugar over base, then cover with bread, buttered side up.

Beat eggs, sugar and vanilla until light and fluffy. Add milk and water, beat until combined. Carefully pour milk mixture over bread, sprinkle with cinnamon. Place dish in baking tin with enough water to come halfway up sides of dish. Bake in moderate oven 35 to 40 minutes or until custard is set.

Serves 4.

BUTTERSCOTCH TAPIOCA

⅓ cup tapioca
pinch salt
2 eggs, separated

3 cups milk
90 g (3 oz.) butter
¾ cup brown sugar

Combine tapioca, milk, salt and egg-yolks in top of double boiler over hot water; stir to combine thoroughly. Cook, uncovered, over simmering water 45 minutes, stirring occasionally, or until tapioca is transparent and mixture thickened.

Melt butter in saucepan, add sugar, stir until dissolved, bring to boil, boil 2 minutes. Stir into tapioca mixture; cool slightly. Beat egg-whites until soft peaks form, fold into slightly cooled mixture. Spoon into individual serving dishes. Sprinkle with brown sugar or coffee crystals.

Serves 4 to 6.

CHERRY CLAFOUTIS



2 470 g (15 oz.) cans cherries

 $\frac{1}{2}$ cup sugar

3 eggs

 $\frac{1}{4}$ cup rum

Drain cherries and remove stones. Place cherries in base of greased 1.5 litre (approx. 2½ pint) pudding dish or deep pie dish. Beat sugar and eggs together, gradually add melted butter, beating all the time. Lightly fold in sifted flour alternately with the milk and rum. Pour batter mixture over cherries. Bake in moderate oven 50 to 60 minutes.

Serves 4.

CHERRY CLAFOUTIS

60 g (2 oz.) butter

1 cup milk

 $\frac{2}{3}$ cup plain flour

APPLE CLAFOUTIS

6 medium green apples

60 g (2 oz.) butter

 $\frac{1}{4}$ cup sugar $\frac{1}{4}$ teaspoon cinnamon $\frac{1}{4}$ cup rum

1¼ cups milk

 $\frac{1}{3}$ cup sugar, extra

3 eggs

1 teaspoon vanilla

pinch salt

 $\frac{2}{3}$ cup plain flour

Peel, quarter, and core apples, cut into thick slices lengthwise. Melt butter, add apple slices, and brown lightly in pan, approximately 3 minutes. Add sugar, cinnamon and rum, stir well, remove from heat, stand 30 minutes.

Grease a large shallow ovenproof dish, approximately 25 cm (10 in.) diameter. Spread apple slices and juices evenly over base. Beat eggs. Add extra sugar, milk and vanilla; beat well. Sift flour and salt into bowl, add egg mixture gradually, stirring well to give a smooth consistency. Alternatively, put all ingredients into blender, blend on high speed until well combined. Pour over apples. Bake, uncovered, in moderate oven for 1 hour or until evenly browned. Test with knife blade in centre. If it comes out clean, remove from oven. Dust evenly with icing sugar. Serve with cream or custard.

Serves 4 to 6.

CARAMEL DUMPLINGS



CARAMEL DUMPLINGS

1¼ cups self-raising flour
pinch salt
30 g (1 oz.) butter

⅓ cup sugar
1 teaspoon vanilla
⅓ cup milk

Sift flour and salt into basin, rub in butter, add sugar. Add combined milk and vanilla, mix well.

Drop tablespoons of dumpling dough into simmering sauce. Cover, simmer 20 minutes. Serve with whipped cream.

Serves 4.

CARAMEL SAUCE

30 g (1 oz.) butter
1½ cups brown sugar, firmly
packed

pinch salt
1½ cups water

Combine all ingredients in large saucepan, stir constantly until boiling, reduce heat.

COTTAGE PUDDING



COTTAGE PUDDING

125 g (4 oz.) butter
 ½ cup sugar
 2 eggs
 ⅔ cup milk

2 cups self-raising flour
 ½ teaspoon salt
 3 tablespoons raspberry or
 other jam

Cream together butter and sugar. Add eggs one at a time, beating well after each addition. Sift flour and salt together. Fold into creamed mixture alternately with the milk.

Grease 1.5 litre (approx. 2½ pint) pudding basin, line the base with small circle of greased greaseproof paper. Cover the base with jam. Spoon in pudding mixture, cover, steam 1½ hours. Serve with cream or custard.

Serves 4.

VARIATIONS:

Ginger: Add 2 teaspoons ground ginger and 1 tablespoon chopped crystallised ginger pieces.

Chocolate: Blend 1 tablespoon cocoa with 1½ tablespoons water, add to the basic mixture.

Caraway Seed: Add 1 tablespoon of caraway seeds to the basic mixture.

Sultana: Add ½ cup sultanas to the mixture.

Jam Layer: Measure ½ cup raspberry jam and place alternate layers of batter and jam in the basin, starting and finishing with pudding batter.

Urney: Substitute plain flour for self-raising flour. Add to the creamed mixture 1 teaspoon bicarbonate of soda and 2 tablespoons jam.

BRANDIED CARAMEL APPLES**BRANDIED CARAMEL APPLES**

60 g (2 oz.) butter

 $\frac{1}{2}$ cup brown sugar, firmly
packed

4 large green apples

2 tablespoons brandy

 $\frac{1}{2}$ teaspoon cinnamon

pinch nutmeg

pinch mixed spice

Melt butter in frying pan, add sugar, stir until combined. Peel apples, quarter, remove cores, cut into slices. Add to brown sugar, stir until apples are coated with the caramel. Add brandy, cinnamon, nutmeg and mixed spice.

Bring to boil, boil 3 minutes or until caramel starts to thicken. Remove from heat. Serve with whipped cream.

Serves 4.**BRANDIED CARAMEL BANANAS**

60 g (2 oz.) butter

1 cup brown sugar

4 large bananas

 $\frac{1}{4}$ cup cream

1 tablespoon brandy

Peel and slice bananas. Melt butter in heavy frying pan. Add sugar, cook until sugar dissolves and bubbles; stir occasionally. Add sliced bananas, cook few minutes until tender. Stir in cream and brandy.

Serve with icecream or over pancakes.

Serves 4.